

Mental Health Stigma & Discrimination

Overview

- What is mental health stigma and discrimination?
- The statistics
- Impact of mental health stigma and discrimination
- Preventing mental health stigma and discrimination
- Resources
- Looking after yourself

What is mental health stigma & discrimination?

- **Stigma** :The negative attitudes or beliefs based on a preconception, misunderstanding or fear of mental health
- **Discrimination:** When a person performs an action, whether intentional or unintentional, that creates barriers and inequality for people with lived experience of mental health problems.

(See Me website)

Statistics

- Approximately 1 in 4 people experience a mental health problem at some point in their lifetime and at any one time approximately 1 in 6 people have a mental health problem.
- More than half of people with mental health problems in Scotland have experienced stigma and discrimination
- 37% of people in Scotland have witnessed someone experiencing stigma or discrimination because of a mental health problem
- 26% of young people would tell someone if they were struggling to cope
- 28% of new and expectant women reported feeling there was stigma attached to mental health problems

Potential Impacts

- Unemployment
- Loss of entitlements
- Avoidance
- Relationships
- Distrust
- Anxiety
- Attachment
- Negative experiences
- Low self esteem
- Low self confidence
- Poor physical health
- Missed opportunities
- Unmet needs

Film Clip Discussion

1. Is mental health stigma and discrimination happening and part of the conversation?
2. How do you think the person experiencing it might feel? Put yourself in their shoes
3. What could be done to provide a more supportive environment, prevent future stigma and discrimination and promote mental health and wellbeing?

Prevention

- Equality Act (2010)
- Language
- Whole School Approach to Mental Health & Well Being
- Environment
- Nurture Principles
- Policy, Supports & Signposting
- Challenge

Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....